

# Milpitas Sports Center Fitness Schedule

Effective October 12, 2006

1325 E. Calaveras Blvd, Milpitas, CA 95035

(408) 586-3225 TDD (408) 942-3286 [www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov)

Dance Studios I & II Workout Schedule						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM						<b>Sculpt Interval</b> 8:30-9:45AM DS1 <b>Aira</b>
9:00AM	<b>Fit Over 50</b> 9:00-10:00AM DS1 <b>Mary</b>	<b>Total Body Sculpting</b> 9:30-10:30AM DS1 <b>Theresa</b>	<b>Fit Over 50</b> 9:00-10:00AM DS1 <b>Mary</b>	<b>Feldenkrais</b> 9:00-10:00AM DS2 <b>Richard</b>	<b>Fit Over 50</b> 9:00-10:00AM DS1 <b>Motoko</b>	<b>Power Sculpt</b> 9:15-10:15AM DS2 <b>Theresa</b>
10:00AM	<b>Fit Over 50</b> 10:00-11:00AM DS1 <b>Mary</b>	<b>Gentle Yoga</b> 10:00AM-11:00AM DS2 <b>Reena</b>	<b>Fit Over 50</b> 10:00-11:00AM DS1 <b>Mary</b>	<b>Total Body Sculpting</b> 9:30-10:30AM DS1 <b>Theresa</b>	<b>Fit Over 50</b> 10:00-11:00AM DS1 <b>Motoko</b>	<b>Hatha Dynamic Yoga</b> 10:00AM-11:15AM DS1 <b>Asha</b>
11:00AM						
12:00PM	<b>Toning Circuit</b> 12:00-1:00PM DS1 <b>Theresa</b>	<b>Cardio Kickboxing</b> 12:00-1:00PM DS1 <b>Theresa</b>	<b>Butts &amp; Guts</b> 12:00-1:00PM DS1 <b>Theresa</b>	<b>Total Body Sculpting</b> 12:00-1:00PM DS1 <b>Theresa</b>	<b>Pilates</b> 12:00-1:00PM DS1 <b>Mary</b>	
5:00PM						
6:00PM	<b>Cardio Kickboxing</b> 5:45-7:00PM DS2 <b>Mary</b>	<b>Pilates/Ball</b> 5:45-7:00PM DS2 <b>Mary</b>	<b>Total Body Sculpting</b> 5:45-7:00PM DS1 <b>Mary</b>	<b>Step and Tone</b> 5:45-7:00PM DS1 <b>Cons</b>		
7:00PM	<b>Sculpt Interval</b> 6:30-7:45PM DS1 <b>Aira</b>	<b>Cardio Dance</b> 6:00-7:00PM DS1 <b>Theresa</b>		<b>Butts &amp; Guts</b> 6:00-7:00PM DS2 <b>Theresa</b>		
8:00PM	<b>Beginning Yoga</b> 7:15-8:30 PM DS2 <b>Reena</b>	<b>Blissful Yoga</b> 7:15-8:30 PM DS2 <b>Mahendra</b>	<b>Hatha Yoga</b> 7:15-8:15PM DS2 <b>Jacqueline</b>	<b>F.I.T. Yoga</b> 7:15-8:30PM DS2 <b>Ritu</b>		
Aquatics Schedule						
6:00AM	<b>Lap Swimming</b> 6:00-8:00AM Meter, Yard Pool <b>Water Exercise</b> 6:45-7:45AM Yard Pool <b>Kellie</b>		<b>Lap Swimming</b> 6:00-8:00AM Meter, Yard Pool <b>Water Exercise</b> 6:45-7:45AM Yard Pool <b>Kellie</b>		<b>Lap Swimming</b> 6:00-8:00AM Meter, Yard Pool <b>Water Exercise</b> 6:45-7:45AM Yard Pool <b>Kellie</b>	<b>Water Exercise</b> 9:15-10:15AM Yard Pool <b>Kellie</b>
7:00AM						<b>Lap Swimming</b> 10:00AM-12:00PM Meter, Yard Pool
11:00AM	<b>Lap Swimming</b> 11:30AM-1:30PM Meter, Yard Pool		<b>Lap Swimming</b> 11:30AM-1:30PM Meter, Yard Pool		<b>Lap Swimming</b> 11:30AM-1:30PM Meter, Yard Pool	
12:00PM						
1:00PM						
4:00PM	<b>Rusty Hinges</b> 4:30-5:30PM <b>Arthritis Aquatics</b> 5:30-6:00 PM Yard Pool <b>Janet</b>		<b>Rusty Hinges</b> 4:30-5:30PM <b>Mary</b> <b>Arthritis Aquatics</b> 5:30-6:00 PM Yard Pool <b>Janet</b>	<b>Moms in Motion</b> 4:30-5:30PM Yard Pool <b>Janet</b>		
5:00PM						
6:00PM	<b>Water Exercise</b> 6:00-7:00PM Yard Pool <b>Janet</b>	<b>Water Exercise</b> 6:00-7:00PM Yard Pool <b>Janet</b>	<b>Water Exercise</b> 6:00-7:00PM Yard Pool <b>Janet</b>	<b>Water Exercise</b> 6:00-7:00PM Yard Pool <b>Janet</b>		
7:00PM	<b>Lap Swimming</b> 6:00-8:00PM Meter Pool 7:00-8:00PM Yard Pool	<b>Lap Swimming</b> 6:00-8:00PM Meter Pool 7:00-8:00PM Yard Pool	<b>Lap Swimming</b> 6:00-8:00PM Meter Pool 7:00-8:00PM Yard Pool	<b>Lap Swimming</b> 6:00-8:00PM Meter Pool 7:00-8:00PM Yard Pool		
8:00PM						
Drop-In Sports Schedule						
6:00PM	<b>Volleyball</b> 6:00-10:00PM Large Gym	<b>Table Tennis</b> 6:00-10:00PM Large Gym	<b>Volleyball</b> 6:00-10:00PM Large Gym		<b>Basketball</b> 6:00-10:00PM Large Gym	<b>Table Tennis</b> 2:30-6:00PM Large Gym

Classes and instructors subject to change without notice. Please see reverse for class descriptions.